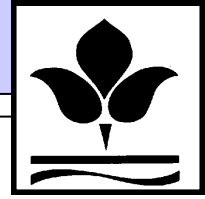


# Taking Care of YOU

## Evidenced-Based Wellness Programs



### The Enrichment Center

**NC Certified  
Senior Center  
of Excellence**

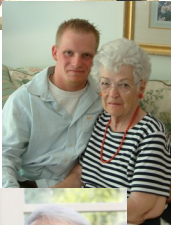
**1615 S. Third St.  
Sanford, NC 27330**  
[www.leecountync.gov/ec](http://www.leecountync.gov/ec)

**All adults are  
encouraged to  
attend.**

**To register and for  
more information call  
(919) 776-0501.**

*"About the time the class began, I was about at my wits end. The communication tools will work toward maintaining a better atmosphere and contribute to improved attitudes for both of us... it will never be easy, but it is easier than it was 6 weeks ago!"*

**~Powerful Tools for  
Caregivers Student**



**Living Healthy  
with Diabetes**

Learning how to live a healthy life with diabetes can be a challenge. This series developed by Stanford University provides the diabetic and their family with valuable information. You will discover how to: manage symptoms including fatigue and depression; use relaxation techniques; eat healthy; improve your communication skills; use medication effectively and much more! **Next series: Thursdays, Aug. 20 - Sept. 24, 2015 from 2:00 p.m.- 4:30 p.m. Call Debbie Williams at (919) 776-0501 ext. 2203 to register.**

Many older adults experience concerns about falling and restrict their activities. **A MATTER OF BALANCE** is an award-winning



**A MATTER OF  
BALANCE**

MANAGING CONCERNS ABOUT FALLS

program designed to manage falls and increase activity levels. You will learn to: view falls as controllable; set goals for increasing activity; exercise to increase strength and balance. Anyone concerned about falls and/or has restricted activities because of falling concerns should attend. For more information and to be placed in the next series, call (919) 776-0501 ext. 2203.

### Powerful Tools FOR Caregivers

**Are you feeling stretched thin caring for a loved one?** It's a normal feeling as you try to get through each day giving the best care you can to your family member. **Powerful Tools for Family Caregivers** is a

series designed to provide you, the family caregiver, with the skills you need to take care of yourself. This series will prove to be a valuable resource by benefitting both you and the person you provide care. It is a nationally recognized wellness program and is **FREE**. Class meets two hours once a week and are led by a certified, experienced class leader. When you take care of yourself, everyone benefits. **Next series: Tuesdays, Sept. 15, 22, 29 and Oct. 6, 13, 20, 2015 from 5:30 p.m. - 7:30 p.m. Call (919) 776-0501 ext. 2230 to register. Assistance with your loved one is available if needed for you to attend classes.**



This program is designed by the **Arthritis Foundation** and is proven to reduce pain and

improve mental and physical well-being. This class will improve core muscle strength which provides better balance and coordination. The classes are relaxing and provide stress relief. It is suitable for all people with or without arthritis or other health problems. **To register for the next class, call (919) 776-0501 ext. 2203.**

**TAI CHI**  
a program for better living

